高 2026 级高三（上）英语定时训练 6

总分： 80 分　　出题人：李亚欣　　审题人：尚玮

一、阅读理解（每小题 2.5 分，满分 37.5 分）

A

Rome can be pricey for travelers, which is why many choose to stay in a hostel (旅社). The hostels in Rome offer a bed in a dorm room for around $25 a night, and for that, you'll often get to stay in a central location with security and comfort.

Yellow Hostel

If I had to make just one recommendation for where to stay in Rome, it would be Yellow Hostel. It's one of the best-rated hostels in the city, and for good reason. It's affordable, and it's got a fun atmosphere without being too noisy. As an added bonus, it's close to the main train station.

Hostel Alessandro Palace

If you love social hostels, this is the best hostel for you in Rome. Hostel Alessandro Palace is fun. Staff members hold plenty of bar events for guests like free shots, bar crawls and karaoke. There's also an area on the rooftop for hanging out with other travelers during the summer.

Youth Station Hostel

If you're looking for cleanliness and a modern hostel, look no further than Youth Station. It offers beautiful furnishings and beds. There are plenty of other benefits, too; it doesn't charge city tax; it has both air conditioning and a heater for the rooms; it also has free Wi-Fi in every room.

Hotel and Hostel Des Artistes

It is located just a 10-minute walk from the central city station and it's close to all of the city's main attractions. The staff is friendly and helpful, providing you with a map of the city when you arrive, and offering advice if you require some. However, you need to pay 2 euros a day for Wi-Fi.

1. What is probably the major concern of travelers who choose to stay in a hostel?
   A. Comfort.　　B. Security.　　C. Price.　　D. Location.
2. Which hotel best suits people who enjoy an active social life?
   A. Yellow Hostel.　　B. Hostel Alessandro Palace.
   C. Youth Station Hostel.　　D. Hotel and Hostel Des Artistes.
3. What is the disadvantage of Hotel and Hostel Des Artistes?
   A. It gets noisy at night.　　B. Its staff is too talkative.
   C. It charges for Wi-Fi.　　D. It's inconveniently located.

B

Don't ever tell Angela Alvarez it's too late for dreams to come true. The old woman just brought home a Latin Grammy for best new artist, becoming the musical award show's eldest winner ever.

The Cuban American musician's crowning moment came after decades of writing songs but performing them only for friends and family. Until she was 90 years old, she went to the Avalon and gave her first concert. "I loved music very much," Alvarez says. "When I was a child, I had two aunts that played the piano and taught me how to sing. Whenever there was a family gathering, I was the artist; they made dresses for me and I always liked to perform." Music was always there for her, as it helped her cope with the ups and downs of life: from love and motherhood, to her relentless efforts to reunite her family and the eventual loss of her beloved husband and, years later, of her only daughter, both to cancer.

Listening to many of these songs while growing up was especially influential on her grandson Carlos José Alvarez, a professional composer and producer based in Los Angeles who owes his love of music largely to his Nana, as her grandchildren called her. As Angela was getting on in years without ever recording any of her work, he had an inspiration that made him fly quickly to Louisiana to document each and every one of her songs, for "the legacy of our family". "I hope this entire project inspires young people to sit down and talk to their elders. Ask them questions. Ask them about the dreams they had once upon a time. They will be surprised at what they will find," Carlos concludes. "If we don't ask them, they won't tell us, and their wisdom and dreams will leave with them." "There are people who give up, but I did not give up, and I always fought," Angela said during her wining speech. "I promise you that it's never too late."

4. What can we learn about Angela's experiences?
   A. Angela's songs are all about family love.　　B. Music provides strong support for her life.
   C. Angela becomes the most successful musician.　　D. Angela is always dreaming of giving a concert.

5. How did Angela influence her grandson Carlos?
A. She taught Carlos how to compose music.
B. She helped Carlos record the songs in studio.
C. Her songs fueled Carlos' passion for music.
D. Her success inspired Carlos to help the elders.
6. Which of the following words can best describe Angela?
A. Inspiring and determined.
B. Generous and adorable.
C. Efficient and ambitious.
D. Adventurous and creative.
7. What is the author's purpose in writing this article?
A. To inspire youngsters to seek role models.
B. To show the ups and downs of Angel's life.
C. To provide a history of the Latin Grammy Awards.
D. To highlight Angela's achievements as an elder musician.

C

It starts with tulips. Maybe a ceramic cup of tea. The smell of something baking while rain taps the windows. Romanticising life begins as a quiet way to slow down. A soft resistance against stress. A little ritual — like lighting a candle — that says, "I'm here. I'm alive." But tulips aren't just tulips anymore. Now they're content.

The small gestures once meant to bring comfort have become part of a global performance. A lifestyle aesthetic powered by soft filters and chill music. Buying tomatoes isn't just a chore — it's a cinematic moment. A walk to the shop becomes a scene from a French film. Even heartbreak is curated now, as long as the lighting is right.

It used to feel like a secret — this way of making the ordinary feel magical. But now, every small act comes with pressure to look good, to be posted, to be part of a bigger story. To live beautifully, not honestly. And with that pressure comes distance. Instead of living in a moment, there's a quiet voice asking, "How does this look?" Even brushing teeth can feel performative. The line between self-care and self-display blurs until it's hard to know which came first: the comfort or the camera.

The urge to make life feel special is natural. There's nothing wrong with noticing beauty. But when every moment must be "worthy", something gets lost. Joy becomes effortful. Stillness becomes a missed opportunity for aesthetic. So what's the way back? Start with the mess. Cold tea. Frizzy hair. Forgotten tasks. Laughing at nothing with a friend. No soundtrack, no audience, just real life.

The magic is still there — but it doesn't always need staging. Sometimes, the most romantic thing is doing nothing special at all. There's no need to be the heroine of a film. Being here, fully, is enough.

8. What was the original purpose of the small gestures mentioned in the passage?
A. To show off a beautiful lifestyle.
B. To create content for social media.
C. To reduce stress and slow down life.
D. To imitate scenes from French films.
9. What does the word "curated" in Paragraph 2 probably mean?
A. cured.
B. staged.
C. ignored.
D. remembered.
10. What can we infer about "the line between self-care and self-display" in Paragraph 4?
A. It fades under pressure to post.
B. It disappears only in small rituals.
C. It stays clear as camera comes first.
D. It depends on magic or ordinariness.
11. What is the main idea of the passage?
A. Stop and smell the roses.
B. All that glitters is not gold.
C. Show your heart not your show.
D. Little things make big differences.

D

In her book *Unequal*: *The maths of when things do and don't add up*, Eugenia Cheng challenges the view that equality in mathematics is straightforward. She argues that in both math and life, some things are more equal than others. Cheng begins with equations, noting that interesting ones show sameness with difference. For example, while 180 = 180 tells us nothing, $x + y + z = 180$ (for angles of a triangle) is meaningful, but only true in certain contexts, like a two-dimensional plane, not on a sphere (球体).

Cheng's aim is to explore how we decide when things are "the same" in mathematics. Her approach is both playful and deeply serious, explaining abstract concepts through interesting examples like making Mobius strips (莫比乌斯环) and baking a cake.

Having opened with equations, Cheng moves on to numbers, joking that the good thing about them is that they are boring. By this, she means that they reduce potentially confusing complexity to a single quantity. Numbers can be powerful tools because they let us focus on one aspect of a situation in detail.

They can also be misleading if we forget they are a simplification of reality. It would be dangerous to assume, for example, that two people who get the same score on an IQ test are equally intelligent.

Cheng really increases the level of abstraction in her discussion of sameness within category theory, but readers do join her on this intellectual journey. After all, some of the greatest works of art, literature and music are technically challenging, yet we still find them beautiful without understanding all its technicalities.

"If you think maths is all about equations, and equations are fixed black-and-white facts, then you probably think maths is all fixed and black-and-white," says Cheng. This book beautifully challenges that misconception. Exploring the meaning of "equals" in mathematics helps us understand not only how complex and interesting math is, but also how the idea of equality is used and misused in life.

12. Which of the following can best summarize the language style of the book *Unequal*?

A. Dry and informal.
B. Playful but confusing.
C. Simple and straightforward.
D. Entertaining but academic.

13. What can we infer about Eugenia Cheng's view on category theory?

A. It is too abstract to be useful.
B. It is only relevant to mathematicians.
C. It is a challenging but rewarding area of study.
D. It is less important than other areas of mathematics.

14. Why did Eugenia Cheng write her book *Unequal*?

A. To explain the basics of mathematics.
B. To teach readers how to solve complex equations.
C. To explore the meaning of "equals" in mathematics and life.
D. To provide convincing examples of mathematical concepts.

15. What can be a suitable title for the text?

A. Life Is Unequal
B. Cheng's Exploration of Equality
C. The Role of Numbers in Life
D. The Beauty of Abstract Mathematics

二、七选五（每小题 2.5 分，满分 12.5 分）

How to Stay Motivated in Learning

Learning is a lifelong journey, but it's not always easy to stay motivated. Whether you're a student preparing for exams or an adult learning a new skill, here are some tips to keep you inspired.

Set Clear Goals

Define what you want to achieve. Goals give you a sense of direction. __16__ For example, if you're learning a language, your goal could start with holding a basic conversation within three months and then try to be fluent in one year. Make sure goals are specific, measurable, achievable, relevant, and time-bound.

Find Your "Why"

Understand the reason behind your learning. __17__ If you're learning to play a musical instrument, it could be because you've always wanted to perform on stage or simply enjoy the process of creating music. Knowing your "why" will keep you going when things get tough.

Create a Positive Learning Environment

Surround yourself with things that inspire you. __18__ You can also join study groups or online communities related to your field of study. Sharing your learning journey with others can provide support and motivation.

Break It Down

Large tasks can seem overwhelming. Divide your learning into smaller, manageable chunks. __19__ This way, you can track your progress more easily and celebrate small victories along the way.

Reward Yourself

When you reach a learning milestone, give yourself a reward. __20__ It could be something as simple as watching a movie, having a delicious meal, or taking a day off. Rewards help reinforce positive behavior and keep you motivated.

A. This will speed up your learning process.
B. The reward doesn't have to be big or expensive.
C. It could be to get a better job, gain knowledge, or improve yourself.
D. You can set a long-term goal and several short-term goals to reach it.
E. Without goals, you may feel lost and lack the drive to move forward.

F. Make your study area clean, organized, and filled with things that inspire you.

G. Instead of trying to learn a whole book in a week, focus on one chapter at a time.

三、完形填空（每小题 1 分，满分 15 分）

Every year, my children participate in their school's Spirit Week. Each day has a certain __21__: Monday is Pajama Day, Tuesday is Crazy Hair Day, and Wednesday is Dress as Your Favorite Fictional Character Day. On Monday, my kids are overflowing with excitement about __22__ their costumes. On Tuesday, the __23__ is lower, but they are still willing to try. By Thursday, they will no longer be bothered.

What is engaging on Monday becomes __24__ by Friday. It's natural __25__ our brains have a basic feature that governs every nerve cell, called habituation, which is our tendency to respond less and less to the same __26__. For example, you enter a bakery, and after about 20 minutes, you no longer __27__ the smell of fresh dessert. Just as you've got used to the smell of baked goods, you also get used to the __28__ of going to school in costume.

So, even the sparkle of exciting events __29__ after a while. But there's a way to make the good stuff "resparkle": __30__ the good experiences into bits. For example, think of a song you like. Do you think you would enjoy a song more if you listened to it __31__ or with short interruptions? When surveyed, most people said they would __32__ interruptions. Yet, research has found people appreciate a song more with __33__. The initial joys will last longer since interruptions __34__ habituation. From this perspective, schools should have five "spirit days" scattered throughout the year __35__ having a "spirit week".

21. A. opportunity	B. challenge	C. theme	D. dilemma
22. A. picking out	B. storing up	C. searching for	D. making up
23. A. regret	B. standard	C. enthusiasm	D. pride
24. A. essential	B. available	C. tricky	D. boring
25. A. if	B. because	C. unless	D. so
26. A. delivery	B. knowledge	C. stimulation	D. illustration
27. A. notice	B. mind	C. preserve	D. adjust
28. A. approach	B. relief	C. issue	D. thrill
29. A. returns	B. spreads	C. fades	D. waves
30. A. engage	B. divide	C. recall	D. mix
31. A. continuously	B. randomly	C. immediately	D. rarely
32. A. welcome	B. clarify	C. record	D. avoid
33. A. backgrounds	B. popularity	C. breaks	D. significance
34. A. reduce	B. promote	C. deepen	D. predict
35. A. regardless of	B. instead of	C. owing to	D. thanks to

四、语法填空（每小题 1.5 分，满分 15 分）

阅读下面材料，在空白处填入适当的内容（一个单词）或括号内单词的正确形式。

Wearing wristbands with the names of LeBron James and Kobe Bryant 36. _____ (write) on them, 17-year-old Tibetan girl Cigla plays her favorite sport — basketball — at Nagqu No 2 Senior High School in Lhasa, Xizang Autonomous Region. For her, 37. _____(study) in Lhasa, the region's most developed city, has made it much 38. _____(easy) for her to realize her basketball dream.

With 39. _____ average altitude of over 4, 500 meters, Nagqu is among the most uninhabitable places in Xizang. 40. _____ have long compromised（损害）the health of Nagqu students are low-oxygen environment and extreme weather. "The students had barely played any sports due to 41. _____(limit) sports facilities and frequent bad weather in Nagqu." said Bachug, the school's physical education teacher.

However, in a bid to ensure equal access 42. _____ quality education, in recent years, the Xizang regional government 43. _____(establish) several schools in Lhasa to recruit Nagqu students. Like Cigla, many Nagqu students are from poor farming and herding families. The school_____44. (campus) in Lhasa have seven concrete basketball courts, a standard soccer field and a sports stadium, which gives students opportunities 45. _____(train) their bodies and find the sport that appeals to them.